



Everyone could use a little M&E time!

As frazzled, frantic, who-has-time women, we are often at the bottom of our own to-do lists. Our mission at M&E Fitness is to change that. We challenge you to make your mind and body well-being a priority today and every day. Bring a friend, or come solo, just choose to make time for YOU with one of our calorie sizzling, muscle sculpting M&E Fitness classes.

Is M&E Fitness for me? M&E Fitness classes are for any health-minded women of all fitness levels looking to fit in fitness and challenge themselves.

Here's what we have cooking this fall...

Work-It-Out-Wednesdays: 1-hour do-it-all class which sizzles serious calories with running, high/low-intensity bursts of heart-pumping activity, jump rope, bleachers, sports-inspired drills, and circuits. You'll firm and sculpt muscles from head-to-toe with weights and resistance bands. This superstar combo will help you get stronger and stay healthy and fit! No two classes are the same.

All you'll need: A set of weights and a towel or mat. Beginners, grab 1-3 pounders; seasoned vets, bring on the tens. Just remember to choose a weight that challenges you to squeak out those last few reps, while still maintaining good form.

Where: On Wednesday mornings you'll catch us at the beautiful Bridgewater Municipal Complex Turf.

Dates: Wednesdays, September 10, 17, 24, October 1, 8, 15, 2014 (rain date 10/22)

Time: Our morning sweat sessions kick-off at 9:30 a.m.

Cost: \$65 payable to M&E Fitness

Grab a few friends and get sweaty with us!

Contact Information: M&E Fitness marisaciri@yahoo.com, aekurdyla@verizon.net or (908) 294-4556

Bridgewater Recreation, 100 Commons Way, Bridgewater, NJ 08807 (908)725-6373 www.bridgewaternj.gov 9 a.m. to 5 p.m. Monday - Thursday, 8 a.m. to 5 p.m. Friday

Work-it-out Wednesdays 2014

\$65.00 Bridgewater & Raritan Residents
Payable to "M & E Fitness"

Participant Last Name

First Name

Mailing address

Town

State

Zip

Home #

Cell #

Work #

Email address (please print legibly)

Please note that the Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the registrant participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Participant Signature

Date